

Grilling or picnicking this summer?



Summer Safety Picnic Tips:

- ❖ **Beware of Insect Stings:** Avoid wearing clothing with floral patterns that may attract insects. Use insect repellent.
- ❖ **Ticks:** If you find a tick, remove it by pulling steadily and firmly. Wash area and apply antiseptic or antibiotic ointment. Watch area for infection. See a doctor if you see signs of a rash in that area.
- ❖ **Keep Cold Foods Cold:** Dairy foods especially should be kept cold to avoid poisoning. Do not store perishable foods in the car where temperatures are usually hotter than outside the car.



- ❖ **Grills:** Keep children away from grills and lighter fluid. If someone is burned, follow these steps:



1. Stop the burning by putting out the flames or removing the victim from the source of the
2. Cool the burn. Apply large amounts of cold (not ice) immediately.
3. Cover the burn loosely using dry, sterile gauze or a clean cloth.
4. Call your local emergency number and/or have yourself checked out by a doctor.

Barbecue Food Safety

Because of their ease of use, barbecues are sometimes taken for granted and basic cooking safety rules are forgotten.

Salmonella, a bacterium typically found in raw or undercooked meat, poultry and eggs, is a common cause of food poisoning.

The largest number of cases of salmonella are caused by undercooked meat. Keep you and your family safe.



simple tips to

Separate the meat

Keep uncooked meat wrapped in aluminum foil or heavy paper until you are ready to cook or marinate. Don't let raw meat or its drippings touch other foods or cooking surfaces. (brick walls are optional)

Keep it in the fridge

A lot of time is spent preparing food for a barbecue. To keep it safe, make sure you keep all meat and foods containing raw meat in the refrigerator. Constant refrigeration until you are ready to cook or eat them.

Cook it

Cook all meat, especially poultry, thoroughly, as it's not safe to eat it rare. Partially cooked foods do not get hot enough inside to destroy bacteria. Grill until internal temperatures reach 160 degrees (for pork, beef and poultry), and 145 degrees for fish.



Leftovers

Don't re-refrigerate food that has been left out for several hours during a barbecue. Throw it away!



With these simple and easy tips, your backyard barbecue is sure to be a safe and enjoyable event.